



Do you want to be happy? Not only you, In fact, everyone wants to be happy. Literally, no one likes to be sad. You're the master of your emotions, don't let the emotion control you.

Being happy, sad, angry, fear all emotions are a state of mind of every human. The emotions are the response or the answer you are giving, willingly or not; it happens. Not everyone can control the emotions, eventually it'll come out. The more you compress it, the more violently it'll explode. Do not confuse feelings with emotions, feelings are voluntary expression and emotions are non-voluntary, which are transmitted by the neurotransmitters by the brain.

Can it be controlled, the emotions? It's the expression of what's in your mind, maybe altering the mind or changing the way of thinking can help control the emotions. I heard this somewhere " If you can't change something, change it, and if you can't change it, change the way you think."



If you're still on the run searching for happiness, STOP!! You need to understand one thing; It is YOU, the one to make you happy, source of your happiness, only you can make yourself

happy. No one can make you happy, if you don't let them. And not everyone wants to make you happy. Having someone to talk to, who'll listen to you, who understands you could make you happy, if you have someone like that you're lucky to have such a friend. But remember, you're your master, There'll be times when they won't be around you. When life happens, you need to be in control over yourself. Completely depending on someone for happiness is stupidity. You'll be digging your grave.

Looking for happiness when you are the one to make you happy is meaningless. Just think about it. Being satisfied is happiness, yes satisfaction brings happiness. This is where it gets interesting, "if you're happy with a new bought product you're satisfied with the product and if you're satisfied with the product, you're happy with the product". Don't worry, I'm not here to sell you any product.

Setting goals and achieving them gives you satisfaction. The quest of searching for happiness itself can give you happiness if you think about it right, for example, you'll be thinking if I achieve this or get that you'll be happy and you started working for it, the closer you get to it makes you happier, once achieved it, you'll be happy? Honestly, I don't think so, it'll make you satisfied and you'll be happy for some time, eventually you'll get bored and happiness slowly fades away. It's not the destination, it's the path. Think of it as you wanted climb a mountain, you were so thrilled to do it; you experienced many things, had fun and finally you made it to the top, you'll be so happy that you'll stay there for a while and enjoy the moment, but would you live there your entire life?



Enjoy the small things and "do more of what makes you happy". In reality, being sad is good, it'll make you understand how happy you were. "You'll only miss your ears when you lose your hearing". No one is looking into what they have yet more focused on what they don't

have. You'll never get the chance to say "I was Happy", if you never ever have been sad. So understand we humans need emotions, we can't omit any of the emotions. It completes us as a Human Being. Accept who you are, decide you want to be. Explore and understand yourself first, everything will come to you. Some get wet in rain and some enjoy rain, you decide which one you want to be.